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What happens when girls message first online? 22

Campaign to teach NYC kids about abuse. 4

Will Rangers be able to hang on to Yandle? 30

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Park bombing in Pakistan kills at least 67, mostly women, kids

Pakistani Taliban claimed responsibility for the Lahore attack, said it wanted to kill Christians. 12

NYC: 'A LEADING TERROR TARGET'

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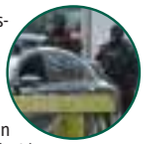
GETTY IMAGES

3 THINGS YOU NEED TO KNOW

ALGERIAN ARRESTED IN ITALY AS BELGIUM INVESTIGATION WIDENS



1 Belgian press agency Belga said on Sunday prosecutors had charged a man in connection with a raid in Paris on Thursday that authorities said foiled an apparent attack plot. Belga named him as Abderamane A. who prosecutors had said on Saturday was being held after being shot in a raid in the Brussels district of Schaerbeek. After a series of raids in Belgium and Germany, Italian police also arrested Algerian Djamal Eddine Ouali who is suspected of making documents for militants linked to the bombings, Italian media said on Saturday. His name was found in documents in a raid on an apartment near Brussels last October, including some with photos of militants involved in the attacks in Paris and in Brussels and the aliases they used. REUTERS

FOUR KILLED IN CRASH OF MEDICAL HELICOPTER IN ALABAMA

2 Four people, including a patient who was being airlifted from the scene of a car accident, were killed on Saturday when a medical services helicopter crashed in Alabama, authorities said. The Life Flight helicopter with four people on board crashed in a wooded area in Coffee County, Alabama, the Red Cross said, citing authorities. Besides the patient, the helicopter's pilot, a nurse and a medic were killed, according to media. Officials from the National Transportation Safety Board were investigating the crash of the Eurocopter AS350, which happened about 25 miles north of the state's border with Florida's panhandle.

REUTERS

CHILE REPORTS ITS FIRST SEXUALLY TRANSMITTED ZIKA CASE

3 Chile has confirmed its first case of the Zika virus having been sexually transmitted, the health ministry said in a statement on its website. The virus is linked to thousands of suspected cases of birth defects in Brazil. The new case in Chile is that of a 46-year-old woman whose partner was infected while in Haiti. Chile, where the mosquitoes that transmit the virus are not found, has confirmed 10 cases of Zika involving people infected outside the country. There is growing evidence that suggests a link between Zika and microcephaly in babies. The condition is defined by unusually small heads that can result in developmental problems.

REUTERS

GETTY IMAGES

WATCH OUT FOR ACTIVE HURRICANE SEASON

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

This is my early outlook for the upcoming 2016 hurricane season that officially starts on June 1 and ends on November 30.

Hurricane conferences are now in full swing in the state of Florida. Analysis of meteorological data in compiling an outlook for any hurricane season is an ongoing process each and every day. I've been researching various meteorological hurricane forecasting tools along with opinions from the "Hurricane Experts."

Personally, I have been forecasting and chasing hurricanes for over 20 years, from Montauk, Long Island, to Miami, Florida, to New Orleans and on into Houston, Texas. I have flown into the eye of these beasts with the hurricane hunters as my camera people. Trust me, when you fly through the wall of the storm, hail banging away at the fuselage of the aircraft, it sounds like someone is taking a sledgehammer to the plane.

In case you missed it, we already had our first hurricane of the season back in January, when Alex formed in the far eastern Atlantic and made landfall in the Azores off the African coast. This was the earliest since 1938.

Although I believe most of the hurricane experts will be predicting a slightly below-normal hurricane season, I'm predicting a hurricane season that will be the most active in over three years and forecasting an above-average hurricane season.

What is average:

12 named storms
6 hurricanes
3 intense hurricanes (winds sustained at 110-plus mph for one minute)

Five major factors in forecasting any hurricane season:

El Niño
Accumulated cyclone energy (ACE)
Tropical storm risk index (TSR)
Tropical Atlantic temperatures
The unknown

The ACE index stands at 80, which normally means a below hurricane season is in play. However, this projection has an error margin number of plus or minus 57. The higher the number, the more active the hurricane season.

The TSR measures the projected sheering wind across the tropical Atlantic, indicating a below-normal hurricane season. Sheering winds destroy hurricane development.

I believe the TSR and the ACE are in error. Keep in mind these model outputs are basically getting their data during the early winter season.

My belief is that El Niño is now in a rapid cooling mode and will go neutral by the time the peak of the hurricane season arrives (August-September). Strong El Niño's create sheering winds across the tropical Atlantic, and stifles hurricane formation. Meaning hurricane development will go back to a favorable environment for formation. Also, although the tropical Atlantic waters are running a bit cooler, I'm forecasting the tropical Atlantic to warm. Hurricane growth is dependent upon water temperatures of 80 degrees and above.

My outlook:

17 named storms (Normal 12)
9 hurricanes (Normal 6)
3-4 intense hurricanes (Normal 3)

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NYC's 'Inner superheroes' fight against child abuse

Kylie Brock and Kerry Egger of New York Foundling's Child Abuse Prevention Program ran a workshop on child abuse to the elementary school kids of P.S. 195. In the workshop, they used puppets to go over scenarios. BESS ADLER

For each new follower The New York Foundling, a campaign to educate kids about abuse, receives in April, a $2 donation will be made to its Child Abuse Prevention Program.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

One New York City social services agency is asking others to join its fight to stop child abuse while helping children to realize that they always have a voice — no matter how small they are.

In honor of April being Child Abuse Prevention Month, The New York Foundling — a New York-based charity that empowers children and families to live independent and stable lives — is launching a campaign to help support its Child Abuse Prevention Program (CAPP).

Through CAPP — which launched in 1986 — the organization is able to conduct workshops at schools across the city that teach young children to recognize, resist, and report abuse and neglect. Last year, a total of 194 cases of child abuse and neglect were reported.

"I think it's important for children to understand what abuse is and what it isn't and if they have a concern that they know that their voice must be heard," said Marion White, senior program director of CAPP.

Throughout April, The New York Foundling is asking people to join the fight to stop child abuse by sharing a photo representing their "inner superhero" — this could be a parent, relative or friend — and tagging @TheNYFoundling. And each new follower the organization receives on its Twitter or Facebook accounts will lead to a $2 donation for CAPP.

Throughout the campaign, followers are asked to use the hashtags #StopChildAbuse and #CallingAllHeroes.

The funds received from the campaign will allow CAPP to continue reaching out to more schools and educate even more children and school staff on identifying and reporting abuse.

"There is more of an open discussion about it, it's not as secretive as it once was but I think there is still a lot to be done on how we personally, and as a society, value our kids," White said.

Each year, two teams of prevention specialists go out to educate schools across the five boroughs, with each team reaching 10,000 kids per year.

At the schools, the teams interact with an auditorium full of third- and fourth-graders by using sets of Kids on the Block puppets that through skits discuss examples of what kind of touches are good, and which are not; what kind of punishments are safe; and also discussing sexual abuse.

The team members talk to the children about questions they might have, and also, tell each of them to trust their feelings when certain things occur and trust a person whom they can speak to.

When the workshop ends, the children are allowed to stay and ask questions or speak one-on-one with a prevention specialist about concerns they might have or if anything has happened to ,them.

> *"Knowledge is power and it is giving them that incident, and the ability to make these decisions, and to know what is right and what is wrong."*
> Billigmeier

For many of these children, White added, speaking out is the first step toward getting help, not only for themselves, but their family as well.

"It's not surprising if the child is mistreated or neglected that as a teenager they are not going to make good decisions," White said. "The way we treat kids has serious damaging repercussions, to not just the kids, but society as a whole."

For Cindy Billigmeier, who works as a guidance counselor at P.S. 195 in The Bronx, having the CAPP come to her school was an "unbelievable" experience that helped many kids open up.

"The amount of children that come into contact with some sort of abuse … the percentage is very high and we just don't know about it," she said. "This really gave them that outlet."

She added that the workshop allowed students — who normally go under the radar and don't raise any flags — to express themselves and bring issues to light.

After the sessions at The Bronx elementary school, 23 children out of 140 decided to stay after the workshop to speak about certain questions and issues that they had.

"Knowledge is power and it is giving them that incident, and the ability to make these decisions, and to know what is right and what is wrong," Billigmeier said. "You begin to question it because you have someone standing there telling you it's not right … They're at least questioning it."

And although she said that the issue of child abuse is one that she sees a lot of, she is happy that a program like CAPP exists because it gives not only the children — but also families — the chance to take the first step to make a change.

"It's not a secret, nor should it be," Billigmeier said.

"And the kids need to have a safe place and feel like they have a voice and they need to feel like they can take control of that."

CAPP info

For more information on CAPP or to see if the program can be brought to a specific school, visit Nyfoundling.org.

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SWAROVSKI

New laws to help fight terror

Lawmakers move to strengthen anti-terror laws in wake of increasing global threats.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

Even before the terror attacks last week in Brussels, Belgium, that killed 31 people and injured 270, or the latest suicide bomb blast in Pakistan on Sunday — with 67 reported dead as of press time — state lawmakers have been working to pass strict new laws that would ratchet-up penalties for terror-related crimes.

Most recently, the New York state Senate passed a package of anti-terror bills that would significantly increase penalties for terrorist recruitment; soliciting or providing support for acts of terrorism, based on dollar value; cybercrimes for those who use technology to advance terrorist activity and for those who make terroristic threats against police officers. All four bills are now being considered by the state's Assembly.

Sen. Joseph P. Addabbo Jr., the ranking member of the Senate Committee on Veterans, Homeland Security and Military Affairs, who also voted to approve the anti-terror bills, said that stricter laws are needed to address new realities.

"We're living in a new world," Addabbo Jr. said. "New York is a leading terror target and these upgraded laws were needed even before the Brussels attacks, and now they're even more necessary. Whether it's legislation or funding — anything that we can do to help the situation is a step in the right direction."

> *"It is wise to adopt legislation that meets the threats emanating from our enemies abroad."*
> Firester

NYPD spokesman Stephen Davis noted that there have been about 20 different terror plots targeting city transit and infrastructure, of varying degrees of complexity, since Sept. 11, 2001, that have been foiled by the NYPD and its federal partners.

Davis added that enhanced anti-terror legislation would further bolster the city's anti-terror resources which include more than 1,000 officers assigned to counterterrorism operations including recently added canines that are capable of detecting "vapor wakes," or chemical vapors present in many types of explosives.

"These new canines can potentially track someone walking through a location that may be wearing a suicide vest or belt," Davis said, adding that initial information from Belgium indicates that the bombers were wearing similar vests or belts walking through transit hubs.

Commenting on the legislation, Joe Giacalone, a retired NYPD sergeant, and now adjunct professor at John Jay College of Criminal Justice in Manhattan, called the anti-terror bills important tools for law enforcement to pursue those "engaged in terror-related activity."

"The statute about threats against police officers is there mainly because ISIS or the Islamic State has ordered its followers to attack and kill police officers, such as the incident several months ago in Philadelphia when a man shot a police officer in his car and claimed he did it on behalf of ISIS," Giacalone said.

He added, "We get lulled to sleep every few years until something major happens. … Attacks are happening more frequently and closer together. We have to keep our guard up. Now is not the time to think that the 'War on Terrorism' is over."

Also commenting on the upgraded anti-terror laws, David Firester, a counterterrorism expert and analyst with Jihad Intel, part of a Philadelphia-based think tank that provides intelligence to law enforcement on Islamic terrorist organizations, said that it's difficult to know if the new laws would deter would-be terrorists.

But, he said that it's important to let would-be jihadists know that malevolent intentions can have serious consequences.

"The Islamic State and al Qaeda have specifically called for the targeting of both civilians and the police," Firester said. "It is wise to adopt legislation that meets the threats emanating from our enemies abroad. A major component of their strategy is to penetrate our society and generate terror from within our borders."

A NYPD officer and his dog patrol the Times Square subway station. GETTY IMAGES

New Yorkers put on their best Easter hats

On Sunday, people wearing Easter-themed costumes and creative headgear walked down Fifth Avenue to participate in the annual Easter Parade and Easter Bonnet Festival.

The Easter Parade is a New York City tradition that dates back to the middle of the 1800s where people would attend church service on Easter Sunday then parade their fashions down Fifth Avenue for everyone to see their stylish looks.

GETTY IMAGES

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1

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Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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BRIEF

19-year-old slashed by four men at 96th Street, Upper West Side

Police are searching for four suspects after a 19-year-old man was slashed outside the 96th Street subway station on the Upper West Side after midnight.

The victim was waiting for the crosstown bus at 96th Street when he was approached by four males, according to CBS New York. The victim ran off to the entrance of the train station, where the altercation took place.

96th Street Station CREATIVE COMMONS

The suspects punched the victim and tried to rob him of his cellphone. He was slashed on the back of his head.

The four men fled north on Broadway, according to ABC News.

The victim was taken to St. Luke's Hospital. The investigation is ongoing.

Last week, Mayor Bill de Blasio announced a new initiative called Operation Cutting Edge to combat against the recent spike in slashings in the city. LENYON WHITAKER

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FDNY GETTY IMAGES

Queens man, 88, dies in Sunday fire

Police and firefighters responded to a call around 4:30 a.m. on Sunday morning.

LENYON WHITAKER
@MetroNewYork
letters@metro.us

An Elderly man was killed early Sunday morning after a fire ripped through his home in Queens early Sunday morning.

At approximately 4:30 a.m., firefighters responded to a fire on the first floor of a 2½-story home at 25-07 87th Street in East Elmhurst, Queens, according to police.

After the fire was extinguished, firefighters discovered an 88-year-old man unconscious and unresponsive on the first floor with severe burns about his body. EMS declared the man to be dead at the scene, according to FDNY.

The name of the victim has not been released. An investigation has been launched to determine the man's identity and cause of the fire.

BRIEF

Man stabbed in back after fight outside Washington Heights bodega

A man is in critical but stable condition after he was stabbed in the back early Sunday morning in Washington Heights.

At around 1:30 a.m. Sunday morning, an altercation broke out inside a grocery store located on 179th Street near Audubon Avenue, according to police. The victim was stabbed in the back with a large knife outside of the grocery store.

The victim, who was not identified, was taken to Harlem Hospital and is listed in critical condition, according to the Daily News.

Police are trying to determine the cause of the fight. LENYON WHITAKER

Real estate agency help renters who depend on pets

The company is made up of experts in federal housing laws that allow eligible individuals to have their pets live with them regardless of building policies.

Some pets are more than furry snuggle buddies — they provide needed emotional support. ISTOCK

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

For some New Yorkers, a pet goes beyond just being another member of the family, and one new real estate agency is looking to keep eligible residents together with their pets — no matter the policies.

Pet Friendly Realty NYC is a residential real estate agency that specializes in working with buyers and renters, who rely on their pets to calm particular emotional disabilities, find a place to call home with their animals.

According to founder Hal Eisenstein, many families and individuals are not aware that they qualify to live with their pet under the Fair Housing Act (FHA) — which prevents discrimination in housing.

Pet Friendly Realty, made up of experts in federal housing laws, help eligible individuals to have their pets live with them regardless of building restriction.

The law does not apply to everyone, however.

The real estate agency was created to help renters and buyers who suffer emotional distress as a result of not having their pet with them have access to homes they initially believed they could not live in.

Before finding a home, the prospective renters or buyers must go through a qualifying process similar to getting prequalified for a mortgage, Eisenstein explained.

The renter or buyer must first call the agency so the experts can get an understanding if the particular case falls under the FHA, and questions can be asked about the process. Then the agency will arrange a meeting with a licensed psychotherapist who will determine fully if a certain family member or individual would qualify under FHA regarding pet-restrictive policies.

If the therapist determines that the person qualifies, the agency will then begin to help them find an apartment, even in buildings that may have "pet-restrictive policies."

"The pet no longer becomes just a pet, it becomes a durable medical equipment," Eisenstein said. "The landlord must allow the pet to live in the apartment even if there are restrictions."

Although the renter or buyer can select an apartment in virtually any building, Eisenstein added that there is an exception when it comes to cooperative buildings. This is because, although under federal law discrimination based on medical or psychological needs is prohibited, a co-op board can deny a buyer for a number of reasons. It would also be "virtually" impossible to provide the reason behind being denied as having anything to do with the pet.

However, even with this exception, Eisenstein wants prospective buyers and renters not to be afraid, because under the FHA they have "an absolute right to have an accommodation."

"We're not encouraging anyone to misrepresent themselves. If they have a bona fide diagnosis, it's no different than walking into CVS for a prescription," he said. "These people now no longer have to restrict themselves… We help keep families and their

Want to know more?

For more information or to see if you or a family member qualify, visit pfrnyc.com.

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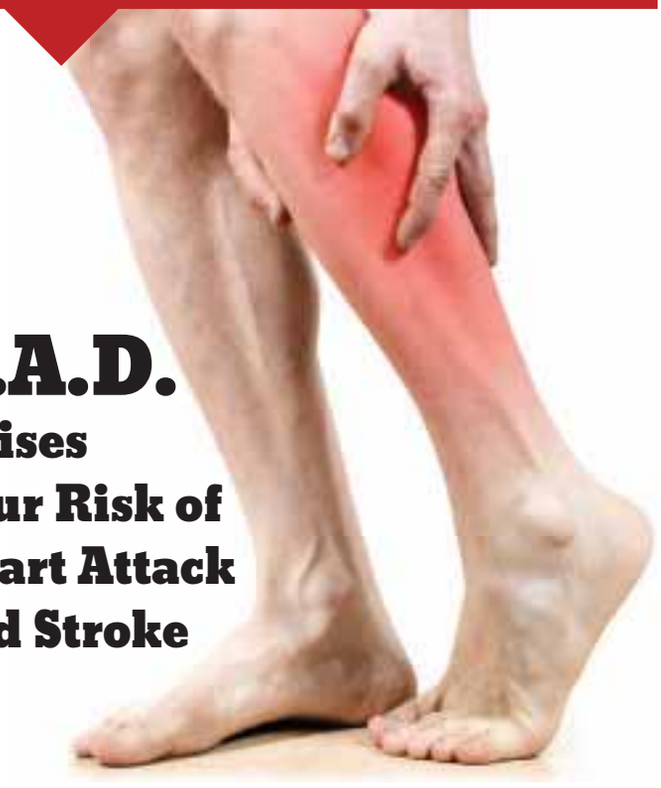

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Suicide bomber kills 67, mostly women and children, in Pakistan park

Rescue workers and police gather at a site after a suicide bomber blew himself up in a park in Lahore in Pakistan. GETTY IMAGES

Witnesses said they saw body parts strewn across the parking lot once the dust had settled after the blast.

A suicide bomber killed at least 67 people, mostly women and children, at a park in Lahore on Sunday in an attack claimed by a Pakistani Taliban faction which said it had targeted Christians.

More than 300 other people were wounded, officials said.

The explosion occurred in the parking area of Gulshan-e-Iqbal Park, close to children's swings. The park is a popular site for members of Lahore's Christian community, many of whom had gone there to celebrate the Easter weekend holiday.

"When the blast occurred, the flames were so high they reached above the trees and I saw bodies flying in the air," said Hasan Imran, 30, a resident who had gone to Gulshan-e-Iqbal Park for a walk.

Officials said 65 people were killed and about 300 wounded. Police Superintendant Mustansar Feroz said most of the casualties were women and children.

The Taliban faction Jamaat-ul-Ahrar claimed responsibility for the attack.

"The target was Christians," a spokesman for the faction, Ehsanullah Ehsan, said. "We want to send this message to Prime Minister Nawaz Sharif that we have entered Lahore."

"He can do what he wants but he won't be able to stop us. Our suicide bombers will continue these attacks."

Islamist militants in Pakistan have attacked Christians and other religious minorities often over the past decade. Many Christians accuse the government of doing little to protect them, saying politicians are quick to offer condolences after an attack but slow to take any concrete steps to improve security.

Salman Rafique, a health adviser for the Punjab provincial government, said many of the wounded were undergoing emergency surgery in hospitals.

TV footage showed children and women standing in pools of blood outside the park, crying and screaming as rescue workers, officials, police and bystanders carrying injured people to ambulances and private cars.

"We fear that the death toll may climb considerably."
Salman Rafique

Dozens of women and children were wheeled into hospitals, covered in blood. Many of the injured were transported to hospitals on taxis and auto-rickshaws due to a shortage of ambulances. Hundreds of citizens arrived outside hospitals to donate blood.

Local television channels reported that many of the dead bodies were being kept in hospital wards as morgues were overcrowded.

"We were just here to have a nice evening and enjoy the weather," Nasreen Bibi said at the Services Hospital, crying as she waited for doctors to update her on the condition of her two-year-old injured daughter.

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RACE FOR THE WHITE HOUSE

POSITION PLAY

Sometimes it seems every week of this election is the same as the last — like "Groundhog Day," only scary and depressing. But trust me, the process is creeping forward. You might need a sundial to time it, but still — here are my three things to watch this week in politics.

1. INQUIRING MINDS
Ever been around one of those really uncomfortable, bitter fights between best friends? Yea, well I guess we're all in that situation now. Ted Cruz and Donald Trump were once practically brothers from other mothers, but now it's nothing but knives and hatchets. The dynamic duo's painfully public brawl last week over wives, photos and alleged affairs was unseemly at best, but I suspect we've not seen the worst of it. That ringing sound? Just the bell between rounds.

2. FINAL COUNTDOWN?
Make the popcorn and place your wagers. John Kasich will take another stab at challenging the Trump/Cruz lock on the lead at CNN's Republican town hall Tuesday. Odds of him suddenly surging in the standings? The polls say pretty slim, but establishment Republicans looking for a contested convention are desperate for Kasich to not only hang in there, but to also make a good showing. Meanwhile, on the Dem side, Bernie Sanders may not be winning a lot, but he keeps forcing Hillary Clinton to look over her shoulder.

3. NO NUKES
The Nuclear Security Summit will bring reps from around the world to D.C., but the hottest issue on the table will be a non-nuclear threat: ISIS. President Obama has taken heat over what some critics consider an occasionally middling response to the terrorist group, and the White House clearly wants to change that impression. Watch for the photo ops to be pushed hard, and some tough talk from POTUS is a sure bet.

TOM FOREMAN
Opinion
CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

Trump and Cruz GETTY IMAGES

BRIEF

Sanders claims momentum, eyes Democratic Party power brokers
Fresh from Democratic presidential primary wins over the weekend in three states, Bernie Sanders on Sunday claimed political momentum he said could help him win the backing of Democratic power brokers in his race against Hillary Clinton.

Sanders easily won nominating contests in Alaska, Washington and Hawaii on Saturday. His latest remarks reflect his plan to chip away at Clinton's commanding lead in the number of delegates needed to win the party's nomination.

Interviewed on Sunday by U.S. broadcasters, Sanders said Democratic "superdelegates," who can change their allegiance, might rally behind him because some polls suggest he has a better chance than Clinton of beating a Republican candidate.

"Momentum is with us. A lot of these superdelegates may rethink their position with Hillary Clinton," said Vermont Sen. Sanders on CNN'S "State of the Union" news program.
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Mexicans burn Trump effigies in Easter ritual

Mexicans celebrated an Easter ritual by burning effigies of U.S. presidential hopeful Donald Trump, whose anti-immigrant views have sparked outrage south of the American border.

In Mexico City's poor La Merced neighborhood, hundreds of cheering residents yelled "death" and various insults as they watched the explosion of the grinning papier-mâché mock-up of the real estate tycoon, replete with blue blazer, red tie and his trademark tuft of blond hair.

Media reported that Trump effigies burned across Mexico, from Puebla to Mexico's industrial hub Monterrey.

The burning is part of a widespread Mexican Holy Week tradition where neighborhoods burn effigies to represent Judas Iscariot, who betrayed Jesus Christ according to the Bible. The effigies are often modeled on unpopular political figures.

"Since he started his campaign and began talking about immigrants, Mexico and Mexicans, I said 'I've got to get this guy,'" said Felipe Linares, the artisan who crafted Trump and whose family has been making Judases for more than 50 years. REUTERS

Mexican's set fire to an effigy of US Republican presidential candidate Donald Trump in Mexico City during Holy Week celebrations. GETTY IMAGES

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Use 'weapons of love' to fight evil of terrorism, pope says on Easter

Pope Francis said an Easter Sunday Mass under tight security for tens of thousands of people in St. Peter's Square.

Pope Francis urged the world in his Easter message on Sunday to use the "weapons of love" to combat the evil of "blind and brutal violence", following the attacks in Brussels.

After a week of somber religious events commemorating Jesus' death, Francis said an Easter Sunday Mass under tight security for tens of thousands of people in a sun-drenched St. Peter's Square.

Afterwards, in his traditional, twice-yearly "Urbi et Orbi" (to the city and the world) message, he spoke of violence, injustice and threats to peace in many parts of the world.

"May he (the risen Jesus) draw us closer on this Easter feast to the victims of terrorism, that blind and brutal form of violence which continues to shed blood in different parts of the world," he said, speaking from the central balcony of St. Peter's Basilica.

He mentioned recent attacks in Belgium, where at least 31 people were killed by Islamist militants, as well as those in Turkey, Nigeria, Chad, Cameroon, Ivory Coast and Iraq.

The 79-year-old Argentine pontiff urged people to channel the hope of Easter in order to defeat "the evil that seems to have the upper hand in the life of so many people".

The pope condemned the Brussels attacks several times during the past week, including at a Good Friday service

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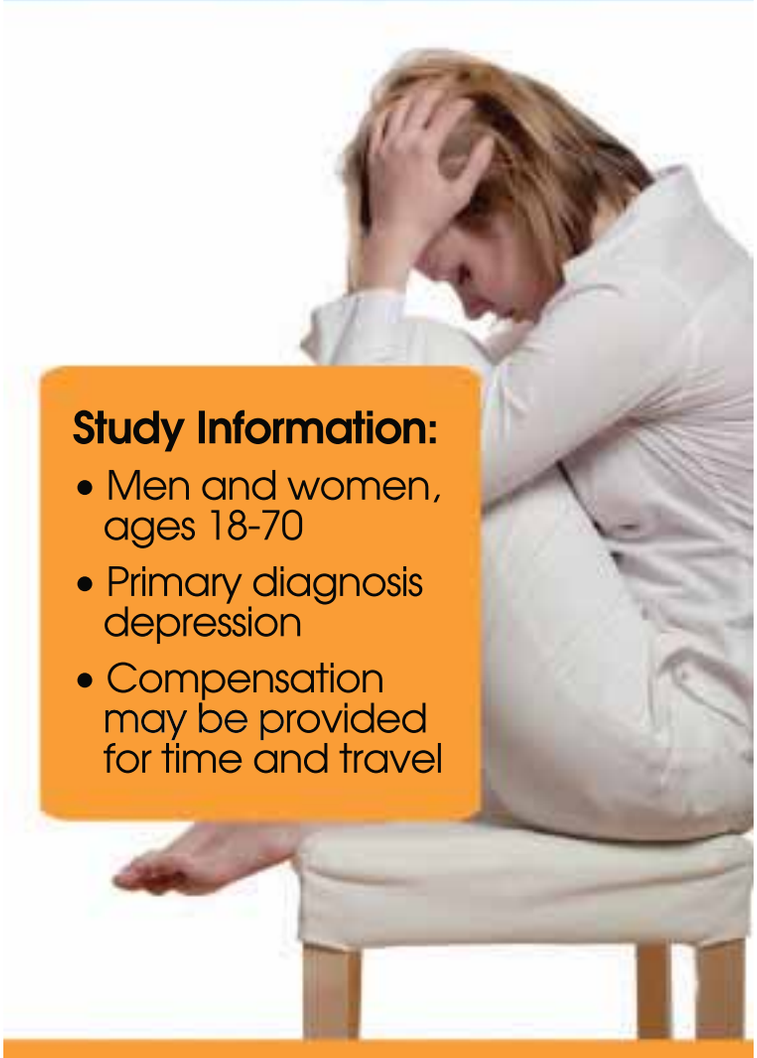

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Thousands gather at the St Peter's Square to attend the Easter Mass led by Pope Francis in Vatican City, Vatican. GETTY IMAGES

where he said followers of religions who carried out acts of fundamentalism or terrorism were profaning God's name..

In other parts of his address, Francis expressed the hope that recent talks could resolve the conflict in Syria in order to end the "sad wake of destruction, death, contempt for humanitarian law and the breakdown of civil concord".

He urged Europe "not to forget those men and women seeking a better future, an ever more numerous throng of migrants and refugees — including many children — fleeing from war, hunger, poverty and social injustice."

"With the weapons of love, God has defeated selfishness and death."
Pope Francis

The European Union and Turkey have agreed to stop the flow of migrants to Europe in return for political and financial concessions for Ankara. Turkey and The Aegean islands have been the main route for migrants and refugees pouring into Europe in the past year. REUTERS

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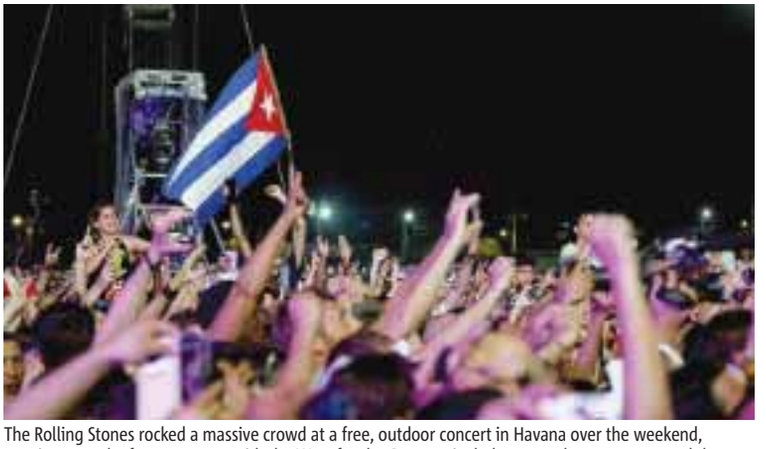

The Rolling Stones rocked a massive crowd at a free, outdoor concert in Havana over the weekend, capping a week of engagement with the West for the Communist-led country that once censored the veteran British band's music. GETTY IMAGES

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Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

Downtown NYC Medical Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.
Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.
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What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.
In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.
You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.
And often gets results when many others have failed.
This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.
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"I cannot ask for better results"

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I had surgery scheduled last year. Three month before I made an appointment with Downtown NYC Medical Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at Downtown NYC Medical Institute were outstanding. I cannot ask for better results**.
After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science. **Dr. Stanley Weiner**

"I don't have any pain any more"

After I had the treatments... the last tuneup...

"Hey this feels terrific"

I was diagnoses bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. Downtown NYC Medical said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** I did both legs at once which is great. When
I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I feel like a new woman - It's amazing."

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get
one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this*. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors much as 30% of the time.

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Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Downtown NYC Medical Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain:
Special Your Invitation

Downtown NYC Medical Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at Downtown NYC Medical Institute.

For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call| 800-227-KNEE to schedule your screening.

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

Chloe Grace Moretz turned down Taylor Swift's squad invite

ALL PHOTOS GETTY IMAGES

Chloe Grace Moretz is one of the most visible teen stars in Hollywood, so it's no surprise that Taylor Swift would've tried to recruit her into the once-exclusive ranks of her "squad." And it turns out Swift, in fact, did. And it further turns out that Moretz gave her a hard pass on the offer. That's cold. When asked by Complex magazine why she's turned down a seat at the Swift lunch table, Moretz took the high road, refusing to elaborate and saying nothing about Swift besides, "She's a very talented person." And we all know what that means. But Moretz was more than happy to critique the whole squad phenomenon in general. "They appropriate exclusivity," she told the magazine. "They're cliques." That they are. And she won't sit with them.

Hulk Hogan happy with his $140 million Gawker verdict

How would you react if a judge awarded you $115 million plus $25 million in punitive damages? Probably how Hulk Hogan did at the culmination of his sex tape trial against Gawker Media, but hopefully you'd be a little less descriptive when talking about it. "I kind of snorted," Hogan tells Page Six. "Everything, like my whole head, like a bucket of water was going to come out of my face. It was so overwhelming. It was almost like I was relieved that they believed me. … I didn't hear the numbers until we got upstairs. I went, 'Oh!'" Oh, indeed.

Millions aside, Hogan sees a lesson in all of this. "I hope [the defendants] learned what the trial was about: that we were actually protecting the First Amendment and carving out that little piece of privacy," he says.

the word

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Gwen Stefani loves her hypothetically gay son

Gwen Stefani has three young sons — ages 9, 7 and 2 — with ex-husband Gavin Rossdale, and if one or more of them turned out to be gay, she's be just fine with that. "I would be blessed with a gay son. You know that I would feel blessed about that," the "Voice" coach tells Pride Source. "I just want my boys to be happy and healthy, and I just ask God to guide me every day to be a good mother because it is not an easy job. I've been able to travel the world and meet so many different kinds of people. And it doesn't really matter if you're gay, straight, whatever. There are good and bad people, and I would be happy. I just want my kids to be happy, and whatever journey God gives them is their journey. I just need to be there to be the most supportive mom that I can be, and that's what I'm going to be."

DAILY VIDEO

YOUTUBE

'Batman v Superman: Sad Affleck'

It's been a huge weekend for "Batman v Superman: Dawn of Justice," but not in the way that Warner Bros. and Zack Snyder were imagining. For instance, this fan-made edit of an interview with Ben Affleck and Henry Cavill in which the stars are asked about the film's negative reviews. Watch as, with the help of Simon and Garfunkel and slow zoom, our new Batman turns into Sad Affleck.

Simon Cowell shrugs on One Direction's future

Hey, all you One Direction fans patiently waiting through the bands newly launched "break," are you wondering when they'll get back to being a band again? So is their guru and founder, Simon Cowell. "I don't know if it's a hiatus or a break-up, to be honest," he tells Billboard Magazine. "In a weird way, I don't want to know. I don't think they've had enough time to experience what it's like not being in the group to really answer that. They'll decide when they want to come back together." But, as their ostensible boss, couldn't he have some say in that? Doesn't he want to see the fans happy? Jerk. The lads, meanwhile, all seem to have plenty of other interests to keep them occupied. Louis Tomlinson is a new dad, Harry Styles is toying with the idea of an acting career, Niall Horan is going into the golf business and Liam Payne is dating a judge from "The X Factor," because apparently you can go home again.

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John Corbett: 'America's boyfriend'

The actor remembers being young on "Sex and the City" and returning to "My Big Fat Greek Wedding."

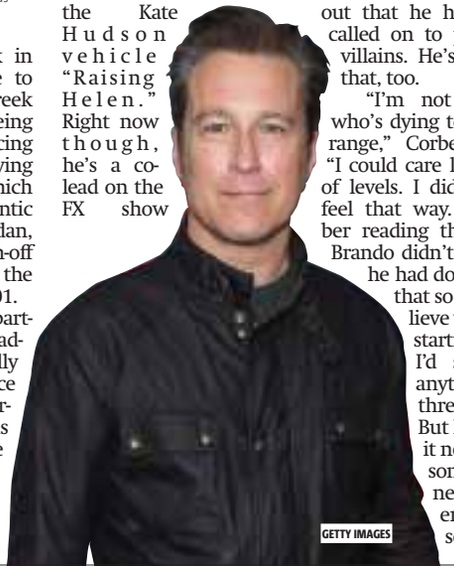
MATT PRIGGE
@mattprigge
matt.prigge@metro.us

John Corbett is back in New York. He's here to talk "My Big Fat Greek Wedding 2," but being here means reminiscing about another undying phenomenon in which he played a romantic lead: his stint as Aidan, Carrie Bradshaw's on-off boyfriend on "Sex and the City" from 2000 to 2001.

"I lived in a little apartment on 66th and Broadway," Corbett wistfully recalls. "I had a nice little balcony that overlooked Juilliard. I was single and I walked the city and I got drunk at night."

Because he was just playing a boyfriend, he would often have four or five days off a week. "It was a great time. I'll be 55 soon. I remember turning 40 here."

Corbett is a fixture of films and shows revolving around female characters: there's "United States of Tara," and even the Kate Hudson vehicle "Raising Helen." Right now though, he's a co-lead on the FX show "Sex&Drugs&Rock&Roll," opposite Denis Leary, which is supermacho.



GETTY IMAGES

"When I show up on set, Denis says, 'Look who it is: It's America's a—hole and American's boyfriend!'" Corbett says.

He's fine with being called that, and he points out that he hasn't been called on to play many villains. He's fine with that, too.

"I'm not an actor who's dying to show his range," Corbett admits. "I could care less on lots of levels. I didn't always feel that way. I remember reading that Marlon Brando didn't see things he had done. I found that so hard to believe when I was starting out. I'd see f—ing anything I did, three times. But I totally get it now. There's some things I never bothered to go see. It just happens as you get older."

John Corbett reprises his "My Big Fat Greek Wedding" character for its sequel. UNIVERSAL

Part of the reason is he's accepting his age. "It's a young person's business, show business," he says. "The phone doesn't ring most of the year. You get used to it. It's better for men than women. At 30, it stops."

Corbett is easy to talk to — so easy we almost forget to discuss "My Big Fat Greek Wedding 2." In the sequel, his character, Ian, is still married to Nia Vardalos' Toula. They have a teenage daughter, who feels even more smothered by their overbearing family than her mother once did. They also have slight marital problems.

And yet the film has more screen time for the other, crazy family members. For Corbett, it was just fun to hang with them again. "They could come and say, 'Dude, we're doing No. 3 right now.' We could put this s— on and we could start doing it," Corbett says.

For one thing, it's not difficult. "It's not 'My Left Foot 2.' But I also have such great chemistry with everybody on set. It's not just that it's easy; it's a spark of joy."

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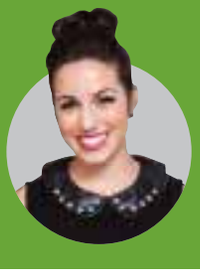
Single and Swiping

Laurie Davis is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



Why women should send the first message online

Don't wait for him to ask you on that first date. ISTOCK

Most women don't want to be the one doing the asking. But if you meet someone online, you need to get offline to actually date him. Otherwise, all that time you put into messaging back and forth is a waste. Swiping on Tinder is fun, but it's only actually enhancing your dating life if you're meeting those matches IRL.

Of course, every woman hopes that her matches will ask her out. (Guys: I'm serious. Just do it.) But it doesn't really matter how you get offline, just that you do. If he's good enough to continue messaging, he's good enough to meet for a cocktail or coffee.

Most of my clients are women — and at first, they hate this advice. The biggest thing is that they don't want to have to learn how to ask a guy out — but then they realize it's really uncomplicated, and in fact, can even feel empowering. You are opting in to your dates rather than letting him be the only one in control.

Here are three ways to ask him out:

Mention getting offline

Be direct, like this: "You're so fun to talk to! Want to continue the convo over a cocktail?" Done and done.

Use what you've got

Take something from your conversation and bring it into reality, like this: "I know, I haven't been to that museum in a while either! Next week?"

Get snarky

Try a little humor, if sassy is your style, with something like, "I'm a lot more witty in person. ;)"

You don't always have to follow up directly with a question that suggests meeting. If you want to wait and see how he replies, you can. He may take your cue and ask you out once you prompt the date-night discussion. Just make sure you don't hesitate too long and miss your moment.

Singer Jack Antonoff lands big book deal

No word yet on how much Jack Antonoff is raking in for his ode to record stores. GETTY IMAGES

Lena Dunham reportedly took home $3.7 million for her book, "Not That Kind Of Girl," and now it's boyfriend Jack Antonoff's turn in the literary spotlight. The Bleachers and Fun. singer just inked a deal with Simon & Schuster for his book, "Record Store," announced last week.

The book will pay homage to record stores, which are on the verge of dying out, much like the corner video store, and will include essays, interviews and photos. Unlike a traditional book, this one will have more of a scrapbook feel.

As you can imagine, being a three-time Grammy winner has put Antonoff in contact with some pretty knowledgeable people — and those he doesn't already know are pumped to talk with him. The book will include interviews with some industry heavyhitters as well as some under-the-radar record store heroes.

"Jack is, quite simply, a creative force," says Jofie Ferrari-Adler, senior editor at Simon & Schuster, in a press release. "Everything he does has a huge amount of heart, and it doesn't surprise me that he wants to use his first book to shine a light on these essential places that have shaped so many of our lives."

The book's release date has not been announced. EMILY LAURENCE

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Chardonnay for spring

What's new on NYC's food scene.

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The Rickey is launching chardonnay tastings. PROVIDED

Tour the world's chardonnays

Dream Midtown's **The Rickey** (210 W. 55th St.) is known for its cocktails, but managing partner Matt Strauss is launching a passion project: chardonnay flights. Strauss has had a personal interest in wine since a friend's BYO parties in college, and chardonnay is his favorite for its versatility, refreshing or warming depending on the varietal. He's curated three- ($20) and six- ($60) glass tastings, from the "only white wine an Italian friend would allow me to bring to a cookout" (Planeta from Sicily) to Ruinart's blanc de blanc, which smells as funky as any bleu cheese you pair with it. The 2-ounce tasting selections will change with the seasons.

New York really does have the best pizza

Good pizza isn't hard to find in this city, but **Williamsburg Pizza's** Nino Coniglio officially makes the best in the world. (Despite its name, Williamsburg Pizza also has locations inside Barclays Center and on the Lower East Side.) Coniglio was named Pizza Maker of the Year at the annual International Pizza Expo in Las Vegas this month; he also took the Traditional Division prize — that's a non-Neapolitan pizza with no more than two traditional toppings. Also doing NYC proud was Andrew Scudera of **Goodfella's Pizza** (1718 Hylan Blvd., Staten Island), who took top honors in the free-for-all Nontraditional Division.

Faro launches all-carb pasta tasting menu

The housemade pasta at Brooklyn's new but already Michelin-lauded **Faro** (436 Jefferson St.) is now available as an eight-course tasting menu. Kevin Adey makes more than 100 styles of pasta, all with local grains ground in-house, like Northwest Italy's coin-shaped corzetti with scallops and Piedmontese tajarin (think egg-heavy tagliatelle) with uni. The menu is $85 and only available at the six-seat chef's table Fridays and Saturdays at 8 p.m. Reservations required. Call 718-381-8201.

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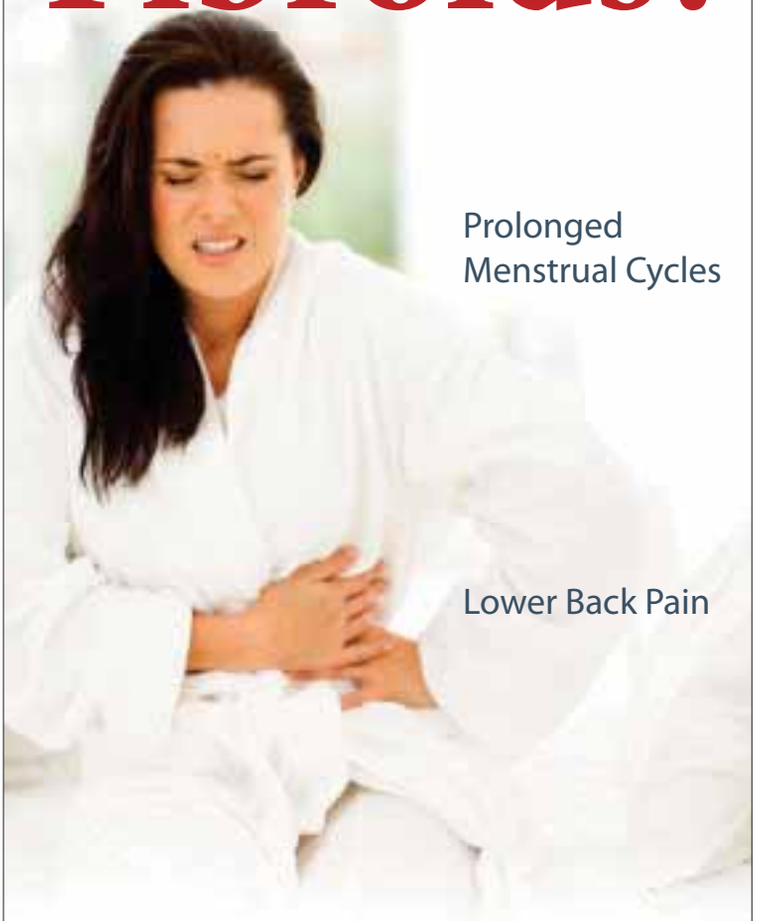

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Time management is dead

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HOW TO GET AHEAD

A new book suggests that we're managing our attention and energy, not our time.

ALIZAH SALARIO
@MetroNewYork
letters@metro.us

When we email Graham Allcott, the author of "How to Be a Productivity Ninja: Worry Less, Achieve More and Love What You Do," his auto response tells us that he is only "processing emails (back down to zero) on Monday afternoons and Thursday mornings" in his "quest to become a better human being (as well as a more productive one)."

Allcott is practicing the nimble approach to productivity he preaches — an approach based on the idea that time management doesn't work with the way we operate in a digital age.

"You can't manage time. You can manage your choices around time, but you can't manage time and slow it down or speed it up yourself," says Allcott.

The term "time management" applied back when "information overload" meant getting six pieces of paper in an in-tray between 9:00 and 9:30 a.m. Now, in a world where a steady stream of information is coming at us 24/7, we need to manage our attention and energy, Allcott explains.

He gave us a few pointers on doing so — ninja-style.

Don't check email — process email

When our inboxes are ever present in the background, our emails always pull focus — without always getting answered, explains Allcott. That makes us feel overwhelmed and behind.

When we don't treat email as an "ever-growing mountain" it's easier to keep our inboxes at zero."It's not about religiously every second of the day having nothing in your inbox, but about having a mentality where when you process your email, you come back to zero," he says.

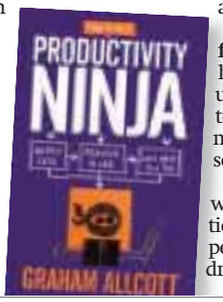
Avoid email first thing in the morning

Yes, we know. This sounds counterintuitive, if not downright batty.

"The thing to fill that [email] void in with — because for most people that feels so weird — is a daily checklist. On your daily checklist, you're answering the question, 'What are the one or two different priorities that I want to do today?' You start there."

Allcott calls priorities "big rocks."

"There's usually one or two things, sort of the big chunky things, that if we don't do them when we have our best energy, we'll put them off," he explains. "That usually comes earlier in the day. I always say if you've got seven big rocks, you've got no big rocks. So pick one or two, and let the small bits fall in and around that."



Scan for DUST

Allcott is all about shining light into those metaphorical nooks and crannies. His DUST-y acronym is designed to stop procrastination:

Difficult: Complicated tasks that may take awhile

Undefined: Tasks you haven't quite figured out where to start that might require some sorting

Scary: Awkward conversations or calling people you're dreading

Tedious: Filing, expense work — all the stuff that you simply don't want to do that can be blasted through later

Be less ambitious

Putting too much on our plates sets us up for failure, says Allcott.

"We need to be more realistic and kind to ourselves in how we set the day up," he says. "Productivity comes when you feel good about yourself and when you feel momentum, and if you spend your whole day thinking, 'Oh, there's not enough I'm getting through,' then you spend most of your time feeling like crap for all the stuff you're not doing."

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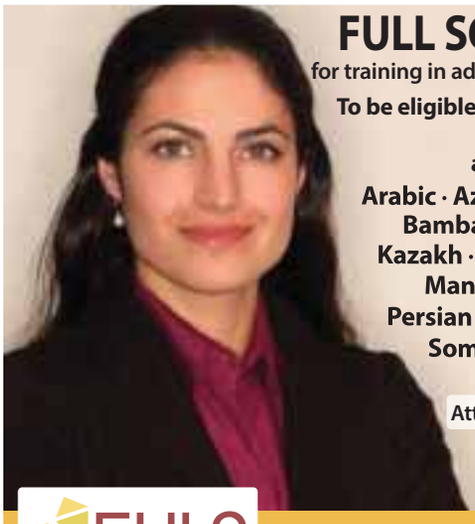

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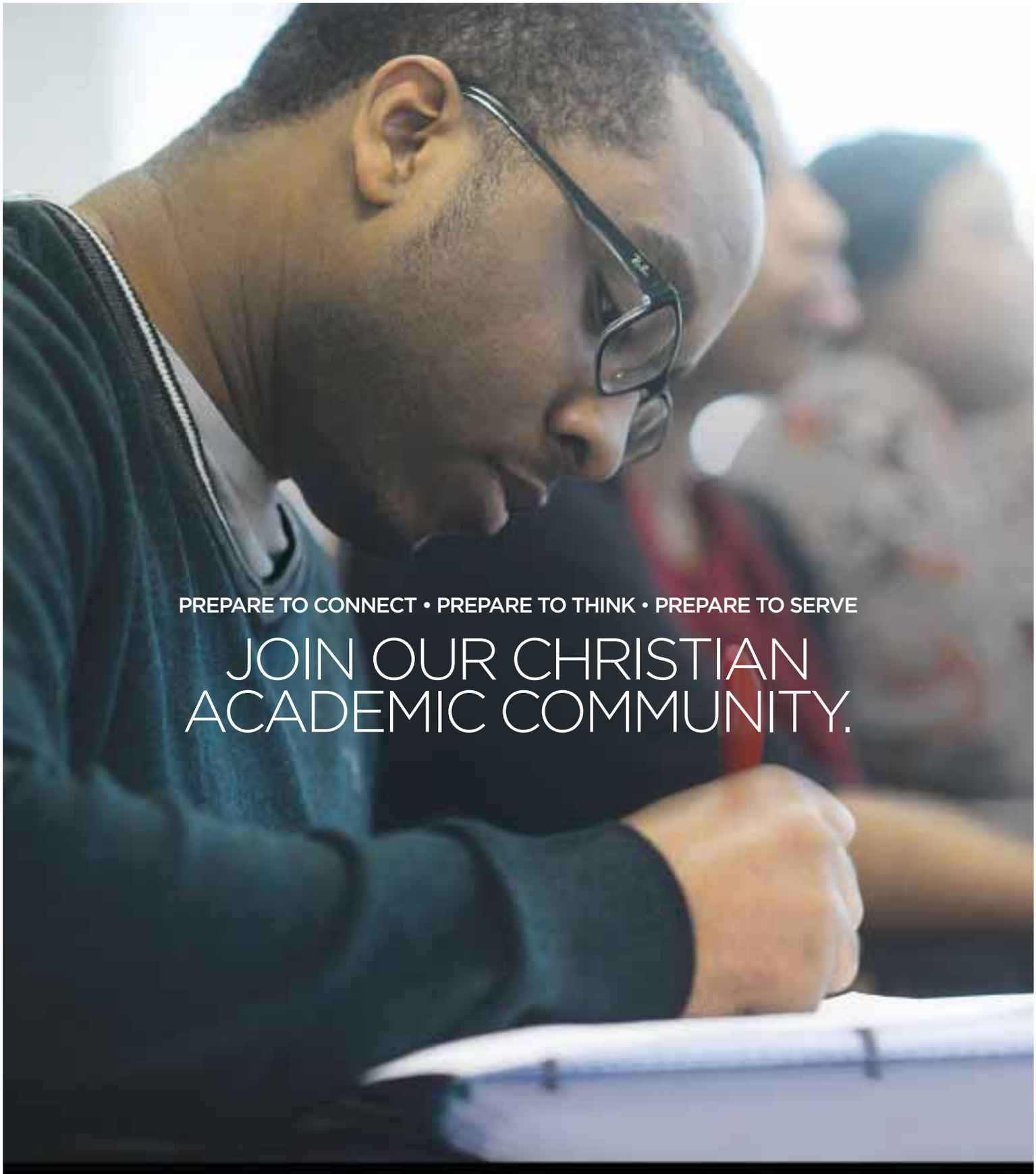

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Incentives are all about cultivating good habits. Credit: iStock

New app aims to put an end to homework battles

The old-fashioned star chart goes digital.

JENNIFER SAWYER
@MetroNewYork
letters@metro.us

If you're the parent of a school-age child, chances are you've waged a homework battle. The nightly fight to motivate your kids to work hard on their assignments can be an exhausting one, but the creators of the app Gradestar hope to get families off the struggle bus.

Gradestar, which launched in February, is a digital throwback to the old-fashioned star chart. It allows students to earn rewards for positive behaviors like studying, completing an assignment or doing chores. Student users accumulate gradestars, the app's virtual currency, and redeem for a Gradestar reward of their choice, like a backpack or a gift card. The free app banks on two kinds of rewards: ones provided by Gradestar, and rewards determined by parents (say, a movie ticket, a new toy or an extra half hour of TV time).

"What we're trying to do is create good learning habits that will help in the long term," Dmitriy Druk, one of Gradestar's co-founders, explains about the app's incentivization. The app can be used by second graders all the way up to teens in high school, and the "gamification" of tasks and assignments helps students remain engaged.

"At the end of the day, we're trying to make parents' lives easier."
Druk

Sound like bribery? Druk is quick to point out that the app is less about rewarding individual actions or achieving an end goal, and more about recognizing and cultivating good habits that will stick with a child throughout her scholastic development.

"Parents have the ability to completely customize this system," he notes. "Incentives don't have to be monetary, or some sort of gift." The real emphasis is on how parents use the system.

For Druk, it's all part of technology's potential to transform how students learn. It's also a tool to take some of the tension out of getting homework done.

"At the end of the day, we're trying to make parents' lives easier," he explains, "by having a happier, motivated student at home who's not fighting with Mom and Dad."

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New status: Randi Zuckerberg is a fairy godmother for entrepreneurs

As a mentor on "Quit Your Day Job," Zuckerberg is helping women launch their dream businesses.

ALIZAH SALARIO
@Alirosa
letters@metro.us

"I don't know when she sleeps," Randi Zuckerberg's publicist tells me as we're waiting for the 34-year-old mogul.

It's a valid observation: The CEO and founder of Zuckerberg Media, editor-in-chief of digital lifestyle website Dot Complicated and former Facebook executive does have a lot going on. Perhaps that's because Zuckerberg is the embodiment of YOLO: If she wants something, she goes for it.

"If you're passionate about something, you know you're passionate about it. You know if there's some calling you have in your life, and you know you'll regret it if you get to the end of your life and you didn't pursue it," says Zuckerberg.

This ethos makes her a perfect fit as host of "Quit Your Day Job," a new series on Oxygen premiering Wednesday, March 30 at 10 p.m.

With a high-octane team of business experts, (co-founder and "Chief Carrot Lover" of Yes To Inc. Ido Leffler, startup advocate Sarah Prevette and model turned master marketer Lauren Maillian) Zuckerberg mentors hungry entrepreneurs-in-training, giving a select few the chance to present their innovative (and sometimes off-the-wall) ideas in front of angel investors. Then entrepreneurs and their products are put through the wringer to see if they can succeed in business without actually dying.

Zuckerberg talked to us about supporting women in business and stepping out of her comfort zone.

"Quit Your Day Job" is a bit of a departure for you. Why did you want to do the show?

I've always been very passionate about women and entrepreneurship, and I give tons of speeches and lectures in which I'm always encouraging women to learn how to code, start their own business, become an entrepreneur. And when I looked at it, I realized I really could be doing more myself to support women instead of just talking.

So it was right around that time I got approached [by Oxygen] saying they were putting a show together, and they really wanted to inspire more women to go into entrepreneurship and business. It just seemed at that point like a perfect fit for everything I was doing.

In the first episode you feature three female entrepreneurs, two of whom pitch women-centric products. Was that intentional?

In our society, unfortunately, people tend to have in mind what an entrepreneur looks like, and in their mind it's a white male. You can't be what you can't see, and for me, it's really important that pop culture features more women in powerful positions.

So do you see women approaching business differently, or making certain mistakes that their male counterparts don't?

One of the mistakes I see women making a lot, first of all, is when women get a co-founder at a startup, what I find is that most get someone who is just like them. Women gravitate toward people in their comfort zone. But you don't want a co-founder just like you. You want someone whose skill set complements yours but is different, so that you can help each other but also have your own lane of the business that you control.

Lauren Maillian, Randi Zuckerberg and Ido Leffler on a "Quit Your Day Job" panel discussion. GETTY IMAGES

You're already an entrepreneur and an investor. What was different applying those skills on the show?

It really pushed me out of my comfort zone as an investor. For me, I gravitate toward technology investments because that's what I know. When someone comes to me with an investment that's a little outside of that, I tend to think, "That's not my area so I'm not going to consider it." Being on the show I realized, well gosh, that happens to women all the time. When women go to pitch male investors, they say, "Well, I don't really understand that, so I'm not going to consider it, I'm not going to invest." I didn't want to be that person.

We often hear that most businesses fail within the first year, and even some of your entrepreneurs faced a lot of rejection before getting on the show. How do you deal with that?

Both rejection and failure force you to look inward and really evaluate. Certainly in my life, it's really those rejections that have really shaped me. The first show that I executive produced, "Stars of Silicon Valley," did not get renewed for a second season. I was really bummed about that, I thought, oh my gosh, this is failure. But what I realized down the line is just the sheer fact that I did that show opened up so many doors in Hollywood, in New York. There are so many opportunities where I'm now a leader in my career because I've done that [show].

A lot of people want to quit their day job — but it's a tall order. What if you're just not there yet?

If you don't feel ready to quit your day job, I encourage women to try and find ways to be entrepreneurial inside the job you currently have. No matter what job it is, there are ways to be more creative, to put more entrepreneurial thought into the job you already have. It's a great place to start if you're toying with the idea of quitting your day job but aren't quite ready to do it today.

What markets are hot right now? Where might the next big startup be found?

Now that the generation of entrepreneurs that created all of our favorite social media sites are growing up and maturing, those entrepreneurs are starting to have children of their own, and they're starting to think about products for babies and children that are data-driven. That's an area that I've started looking more and more into for young kids, especially girls. I think there are a lot of growth areas. I've started to look a lot more into virtual reality. I think there's a lot of exciting horizons.

Entrepreneurs, especially women, are constantly being told to find balance. Is that even possible?

For me, I'm more into being well-lopsided than well-balanced. You're never going to be able to do everything well every day, as you were saying, so giving yourself permission to one day be all in on your career, and another day be all in on your family, it's great. You're not well-balanced, but you are well-lopsided, and you're giving yourself permission to do one or two things really well that day. And as long as it balances out in the long run, I think you're in a good place.

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Rangers hope to keep Yandle in future plans

Can New York navigate the abyss of the salary cap and find room to retain defenseman Keith Yandle after this season?

DENIS GORMAN
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It is simply the question that is being asked of Jeff Gorton on a near-daily basis: Will he or won't he?

Specifically, the query posed to the New York Rangers' general manager is whether he can — or has the appetite — to sign pending unrestricted free agent defenseman Keith Yandle. To hear his coach and teammates talk about him, Yandle provides a vital element to a team with Stanley Cup aspirations.

"I like him not only on the rush and only the power play, but he does a real good job of breaking the puck out for us and helping us come out [of the defensive] zone clean," coach Alain Vigneault said after the Rangers' 5-2 win over the Bruins on last week at the Garden.

In the game, Yandle had two assists in 22 minutes of ice time.

"He's able to beat that first forechecker and make that pass where we can come out with speed," Vigneault said. "He's really playing hard and well for us right now."

Against Boston, Yandle recorded primary assists on the Rangers' first two goals — both on the power play — in a span of 3:02 in the first period. On the strength of those goals, the Rangers went into the first intermission with a 2-0 lead.

The Rangers finished the game 2 for 6 on the power play.

39
KEITH YANDLE'S TEAM-HIGH ASSIST TOTAL THIS SEASON.

"He understands the importance of passing on the power play," said Derek Stepan, who scored the second of the Rangers' two power play goals. Mats Zuccarello had the game-opening tally 8:37 into the first. "When he makes a pass, it's right on the tape and it's to a guy that is in a scoring area. That's something that isn't easy ,and he's able to do it really well."

So it would seem like re-signing Yandle would be a high priority. But salary cap implications and roster construction may make extending him difficult.

According to industry website Generalfanager .com, the Rangers have 22 players signed to $54.150 million worth of contracts for the 2016-17 season. Along with Yandle, Marc Staal, Dominic Moore, Viktor Stalberg, Dan Boyle and Antti Raanta are unrestricted free agents. It is likely that Boyle will not return, as he told the Record of Hackensack in November he is considering retirement due to family considerations.

"Nothing is for sure," Boyle told the Record. "For some guys, it's physical. Physically, I feel fine. It's mentally [with] having kids and being away."

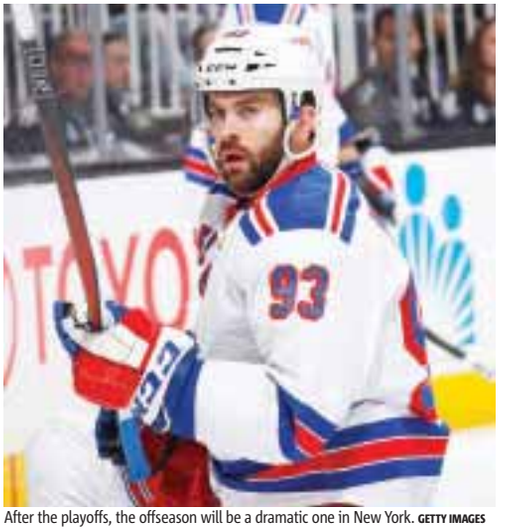
Boyle is in the second year of a two-year, $9 million contract signed on July 1, 2014. His deal is relatively cap friendly, as are Stalberg's ($1.1 million) and Moore's ($1.5 million). The savings on those three expiring deals should equal $7.1 million.

Which should be enough to sign Yandle to a long-term deal.

Ah, but the rub involves restricted free agents Chris Kreider, Kevin Hayes, J.T. Miller and Dylan McIlrath, all of whom will be looking for new deals.

So Gorton will be tasked with navigating a cap which could be tighter than previously anticipated.

"You've got to find ways to win and I thought we did a good job from start to finish. It was a well-played game by our whole group and it's a big win," Yandle said. "Any way you can find ways to win, it's big.'



After the playoffs, the offseason will be a dramatic one in New York. GETTY IMAGES

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OPINION

KYLE BISHOP
@Rotoballer

We're getting closer to opening day, but plenty of leagues still have their drafts between now and first pitch. If you're among those still waiting to select their 2016 roster, consider the following bargain alternatives to some popular fantasy targets. All average draft position (ADP) data is courtesy of FantasyPros.

DRAFT: DEXTER FOWLER (188 ADP)
INSTEAD OF: SHIN-SOO CHOO (133)
Choo is a better bet to hit 20 home runs, but Fowler launched 17 himself last season and holds a significant edge in stolen bases over the past two years (31 to Choo's seven). The two have virtually identical batting averages over that span, and Fowler's position atop the Cubs' stacked lineup should help him easily outpace Choo in runs.

DRAFT: ADAM EATON (111)
INSTEAD OF: MOOKIE BETTS (22)
Betts is younger, more exciting and just more obviously talented than Eaton. But the pair produced eerily similar numbers in 2015, each hitting around .290 with 90-plus runs scored and home run totals in the teens. They even had identical average batted ball distance as measured by Baseball Heat Maps. Long term, and probably even this year, Betts is the better option. You could get a good portion of his production from Eaton nearly 100 picks later, however. That would free you up to, say, draft Chris Sale early instead of settling for somebody like Jordan Zimmermann later.

DRAFT: MARCUS SEMIEN (271)
INSTEAD OF: BRANDON CRAWFORD (138)
The shortstops for the two Bay Area teams share some striking similarities. Looking at last season, they posted identical batting averages (.257), run totals (65) and walk rates (7 percent). Crawford hit 21 homers to Semien's 15, but that's also nearly double the amount he'd hit in his first four MLB seasons. Some regression seems like a safe bet. Semien also offers more upside on the bases, having swiped 11 bags last year. Crawford's getting all the attention in drafts, but Semien could easily outproduce him.

Mookie Betts may not be the best choice for your outfield. GETTY IMAGES

DRAFT: JOSE QUINTANA (147)
INSTEAD OF: SONNY GRAY (65)
There's no doubt that Gray is an excellent pitcher. In two-plus seasons and nearly 500 innings, he's put together a 2.88 ERA and 1.13 WHIP with solid, if unspectacular, strikeout and walk rates. That ERA is the 10th best mark among qualified starters since his debut in 2013. Gray uses his friendly home park and a ground ball heavy approach to great effect, regularly outpitching his fielding independent numbers. But Quintana can give you similar production at a significant discount. Would you rather have Gray and Elvis Andrus, or Quintana and Corey Seager?

Kyle Bishop is a lead MLB columnist at RotoBaller.com. His articles and Fantasy Baseball Rankings are your secret weapon for winning fantasy leagues.

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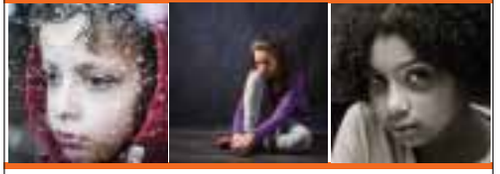

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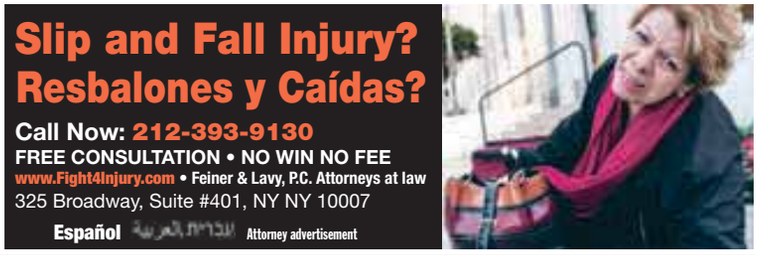
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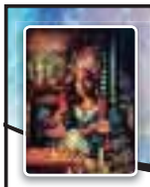

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Reading by Phone First Reading Free

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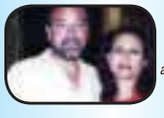

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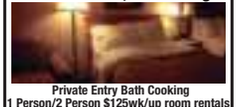

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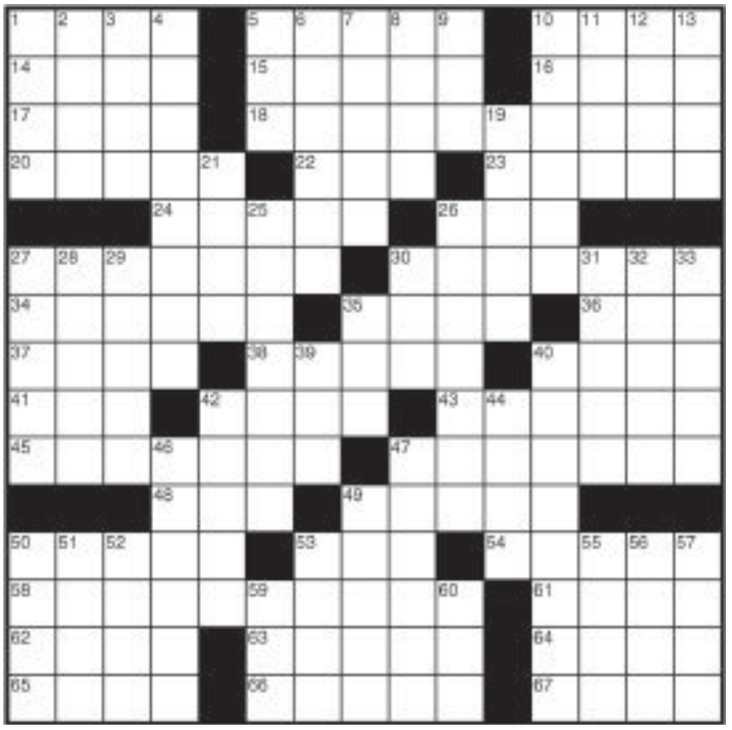

Across

1 M, to Einstein
5 Sharp, as hearing
10 Freighter hazard
14 Baghdad's country
15 Malone of the NBA
16 Fridge stick
17 Uhura's crewmate
18 Is that a fact! (3 wds.)
20 Pub sign (2 wds.)
22 Kind of agent
23 Maureen of the screen
24 Bright
26 "A pox upon thee!"
27 — in (leaving the poker table)
30 Humming along
34 Travel stopovers
35 Foot part
36 Goose egg
37 Makes a mistake
38 Use force
40 Toodle-oo! (hyph.)
41 LAX info
42 Nervous
43 Tied the score
45 White-water paddler
47 Futile
48 Earth orbiter of yore
49 — nous
50 Miss Brooks portrayer
53 Mi. above sea level
54 A second time
58 Picnickers at a game
61 Lacoste of tennis
62 — Te Kanawa
63 Keep happening
64 What rainbows are
65 "My Way" writer
66 Rations out
67 Castle defense

Down

1 Japanese soup
2 Make -- -- for it
3 Margarita rim
4 Flattens
5 Ms. Winehouse
6 Murmuring
7 High interest
8 Koppel and Turner
9 That, in Spain
10 Annoy
11 Movie lioness
12 Caboose's spot
13 "Naked Maja" artist
19 Bete --
21 Silvers or Donahue
25 Illegal trader
26 Least empty
27 Kiss target
28 Major artery
29 Wander off
30 "The Bells" poet
31 Lacking sense
32 Evenings, in ads
33 Spiky flowers
35 Mole, maybe
39 Boss, briefly
40 Fast message
42 Just scraping by
44 Aloe --
46 Bloomer who popularized bloomers
47 False
49 Choose
50 Aleutian island
51 Cloudburst
52 Quaint weapon
53 Fit to -- --
55 Prefix for space
56 Quechua speaker
57 Wildlife shelter
59 Sofa end
60 Almost grads

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easy

		5			8		9	2
			1		6		8	
	3	8			5			
		3	5				1	
9		6				2		7
	5				9	3		
			9			8	2	
	7		2		1			
5	2		3			9		

hard

	3		8	2			4	
	2		6					7
4					3	9		
				7	1			4
2			3		4			8
5			2	9				
		3	1					9
8					6		7	
	6			3	7		1	

metro.us/horoscopes

Aries If you check over personal papers, you'll find that you have more assets than you anticipated. A contract or commitment will improve your life. Your confidence will grow.

Taurus If you learn from past challenges, you will not falter under pressure. A partnership will help you discover hidden talents, allowing you to make significant progress.

Gemini Assess your current situation openly and honestly. Your reputation will be on the line if you don't handle matters with precision and detail.

Cancer Use your strengths and intuition to get ahead professionally. Your unusual approach to whatever you pursue will capture attention and give you the edge over a rival.

Leo Implement greater diversity in whatever you do. Challenge anyone who gets in your way. Stand tall and initiate the changes that you desire. Trust in your expertise.

Virgo Partnership problems will develop if you aren't forthcoming with your feelings or concerns. Keep your money and possessions in a safe place and avoid joint ventures.

Libra Don't be gullible if someone is trying to sell you something. High-pressure situations are best avoided or walked away from. Discipline and tidying up loose ends will relieve stress.

Scorpio If you use your imagination, opportunities will unfold. Putting forth a strong effort and calling in a favor will lead to success. Romance will result in positive changes at home.

Sagittarius Keep life simple and stick to the truth. Don't let your desire to be in the limelight cost you. A promise made must be kept if you don't want to ruin your reputation.

Capricorn Do your own thing and refuse to be daunted by someone making last-minute changes that interfere with your plans. Focus on moving forward regardless of others' actions.

Aquarius Stability can be yours if you make a couple of adjustments to your spending or household expenses. You'll come across an excellent idea that will help you advance.

Pisces Observation will help you go in the right direction. An unusual partnership will develop, but guidelines must be set before you engage in a joint venture. **EUGENIA LAST**

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